

Soul Keeping

Part 5: The Practice of Gratitude

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When life gets difficult, the best thing we can do is offer thanks to God! This reminds our souls that, ultimately, God's blessings far outweigh this world's trials and troubles.

*"We always thank God for all of you and pray for you constantly. 3 As we pray to our God and Father about you, we think of your **faithful work**, your **loving deeds**, and the **enduring hope** you have because of our Lord Jesus Christ."*

– 1 Thessalonians 1:2-3, NLT

My Next Step(s):

- I will demonstrate faith instead of fear, love instead of anger and hope instead of worry.
- I will thank God for His undeserved grace in light of what my sins deserve.
- My soul will bless the Lord, by practicing gratitude instead of selfishness.

Memory Verse: "Bless the Lord, O my soul, and all that is within me, bless his holy name!" – Psalm 103:1, ESV

(Continues on back.)

*- This message uses materials provided by open.life.church and
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